

Patrick Barlow

South East · 07443334670 · @PBarlowJourno
Patrick.barlowjournalist@gmail.com · linkedin.com/in/p-barlow/ ·
<https://patrickbarlow.journoportfolio.com/>

Current Position

January 2025 – Present

Journalist – BBC South East

I produce quality cross-platform content for audiences in Sussex, Surrey and Kent including online on the BBC website, for TV on BBC South East Today and on the region's radio stations.

Most recently, this has included an extended attachment as a planning journalist, setting up filming and sourcing interviewees for broadcast stories and writing online copy.

Examples of my work include planning coverage of the murder trial of Robert Rhodes. This included [breaking news coverage](#) and an [extensive background feature](#) on verdict, as well as a live blog of the sentencing hearing. I also worked with stakeholders to source broadcast material, and clearly communicated complex reporting restrictions to both the BBC South East team and national colleagues. My work was central to successful coverage as the day's most read story across the BBC and a top story on the BBC Six O'Clock News. The story also outperformed competitors on Google search traffic.

Other highlights include original journalism such as [speaking to teachers and parents about Netflix's *Adolescence*](#), tracking down one of the [original Lionesses](#) ahead of the 2025 Women's World Cup final, and being involved in the [coverage of the shooting of a woman outside a pub](#) in Knockholt, Kent.

The role also involves scheduling content for BBC South East's social media output, and using SEO and analytics in content production.

Skills: Breaking news coverage, multi-platform story planning, clear communication, sourcing guests, interviewing skills

Previous Experience

August 2022 – January 2025

Digital Reporter – The Argus

I became an integral part of The Argus team, learning a variety of multi-media skills. This included completing my National Qualification of Journalism (NQJ).

I was trusted with providing quality daily content, including [interviewing then Prime Minister Rishi Sunak](#) and investigating [anti-social behavior in a Brighton neighborhood](#).

I also worked on several exclusive stories including [exposing hospital failings](#) and [an investigation into the effect of rapid delivery services on alcohol abuse](#).

Other highlights include breaking news stories such as [the search for Constance Marten's child](#) and [live court reporting](#).

The role also involved extensive social media work including video editing for Facebook, Twitter, Instagram and TikTok, where I took charge of The Argus' content and strategy.

Skills: Breaking news coverage, social media management, video production, communication skills

2021-2022

Placements – Various

A series of week-long placements at regional news outlets in the North East, including CheshireLive, Lancashire Telegraph, Big Issue North and Lancashire Evening Post.

Placements focused on honing a variety of skills including developing interview skills, writing news features and learning to use Adobe InDesign.

Education

October 2021 – July 2022

MA News Journalism, University of Salford - First Class

I graduated as one of the top students in my cohort, including gaining an NCTJ Gold Standard Diploma with a particular aptitude for media law.

My training included online news journalism and video production for social media, as well as basic TV packaging. I am also certified at 100wpm for shorthand.

Skills: 100wpm shorthand, writing for online and social media, video production, media law training

2018- 2021

BA English Literature, Lancaster University - Upper Second Class

I developed researching skills and independent working abilities, as well as working to deadlines. I was part of the Executive Committee for the university's rugby team, voted by my peers to help oversee player welfare and coach and develop new players.

Activities

Outside of work, I am a keen sportsperson, particularly playing team sports such as rugby. I am also basically proficient in Spanish.

References available upon request